



# DR. B. R. AMBEDKAR NATIONAL INSTITUTE OF TECHNOLOGY, JALANDHAR

## MENTAL HEALTH SUPPORT WEBSITE

Aniket Garg	20124011
Kirandeep Kaur	20124048
Sajanjit Singh Brar	20124087
Supreet Kaur	20124100

Project coordinator: Dr Vijay Kumar

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# MOTIVATION OF PROJECT

Here are some key points related to mental health issues:

- According to a survey conducted in 2020, Punjab has seen a significant rise in mental health issues, with a reported increase of 42% in cases of anxiety and depression.
- The National Mental Health Survey of India (2015-16) revealed that Punjab had a higher prevalence of mental disorders compared to the national average.
- The stigma associated with mental health issues often prevents individuals from seeking help. Only 10% of those in need of mental health services actually receive treatment.

# EXISTING WORK RELATED TO PROJECT

## Their Features and Limitations

### 1 BetterHelp

**Features:** Online therapy sessions, chat support, and access to licensed therapists.

**Limitations:** Paid service, limited to counseling only, may not provide extensive information on mental health issues..

### 2 Psychology Today

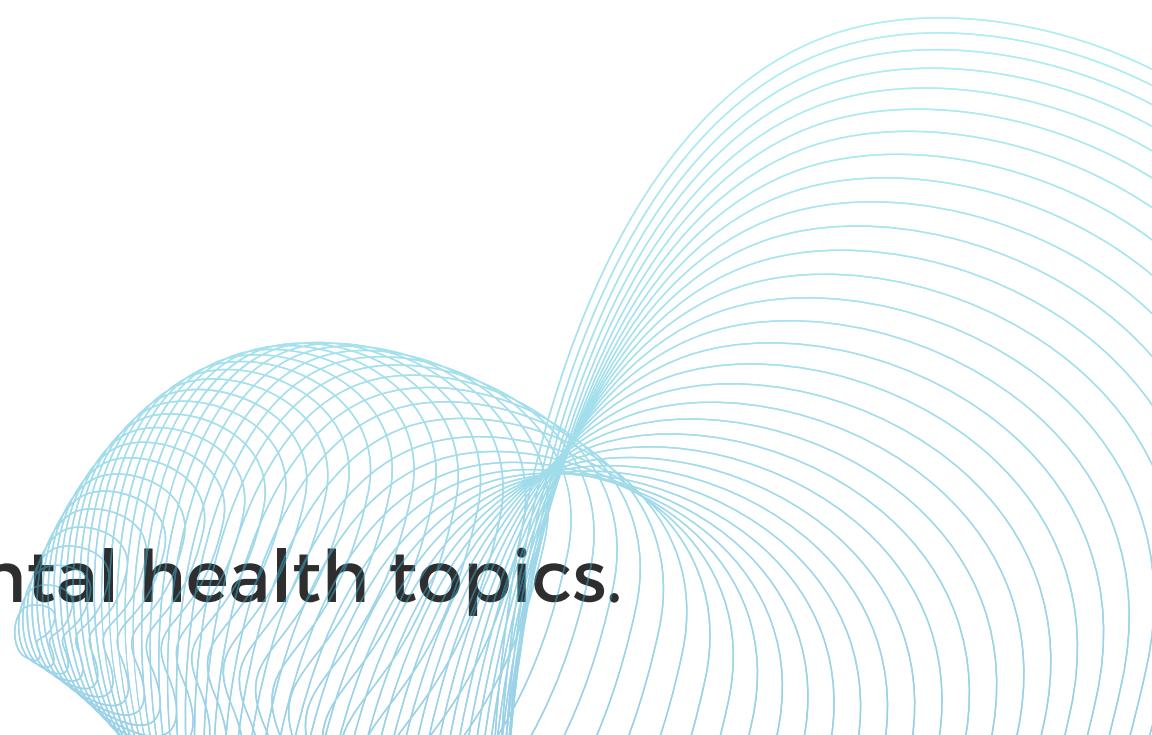
**Features:** Directory of mental health professionals, informative articles, and therapist profiles.

**Limitations:** Limited interactivity, lacks psychology tests.

### 3 7 Cups

**Features:** Peer support chat, and self-help articles.

**Limitations:** Limited professional input, not a wide range of mental health topics.



# PROPOSED PROJECT AND DESCRIPTION

Mental health issues are a matter of growing concern today.

The following project provides a comprehensive Mental Health Support Website.

This project aims to provide a platform where individuals can -

1. Find easy access to mental health professionals.
2. Reliable information.
3. Tools to access and enhance their mental well-being.

# **EXPECTED OUTCOMES**

The Mental Health Support Website aims to address these challenges:

## **Stigma:**

Many hesitate to seek help for mental issues due to social stigma. The website provides a discrete and confidential platform for seeking support.

## **Accessibility:**

Access to mental health professionals can be limited in certain regions. This website offers contact information for nearby psychiatrists.

## **Information Gap:**

There is a lack of easily accessible and medically accurate information on mental health. The website's information library aims to bridge this gap.



# **EXPECTED OUTCOMES (cont.)**

The Mental Health Support Website aims to address these challenges:

## **Mental Health Awareness:**

Lack of awareness is a significant issue. The website provides resources and psychology tests to increase awareness and promote mental health education.

## **Community Support:**

Sharing experiences can be therapeutic. The blog feature allows users to share their own mental health journeys, fostering a supportive community.



# TOOLS AND TECHNIQUES

***Programming Languages:*** HTML, CSS, JavaScript, Python.

***Web Development Frameworks:*** NodeJS (for backend development).

***Database:*** MongoDB.

***AI Chatbot:*** Natural Language Processing (NLP).

***Web Hosting:*** A reliable web hosting service.

***Data Security Measures:*** Encryption, secure authentication.

# PROJECT MODULES AND WORKFLOW

## 1. Homepage:

The main landing page of the website, providing an overview.

## 2. Search and Navigation:

Tools to search for specific information, professionals, or services.

## 3. Find Nearby Professionals:

A directory or search functionality to help users find nearby psychiatrists and mental health professionals, categorized by location in Punjab, India.

## 4. AI-Powered Chatbot:

An AI chatbot capable of answering common mental health questions.

# PROJECT MODULES AND WORKFLOW

## (cont.)

### 5. Information Library:

Medically accurate and informative articles on various mental health topics.

### 6. Blogs:

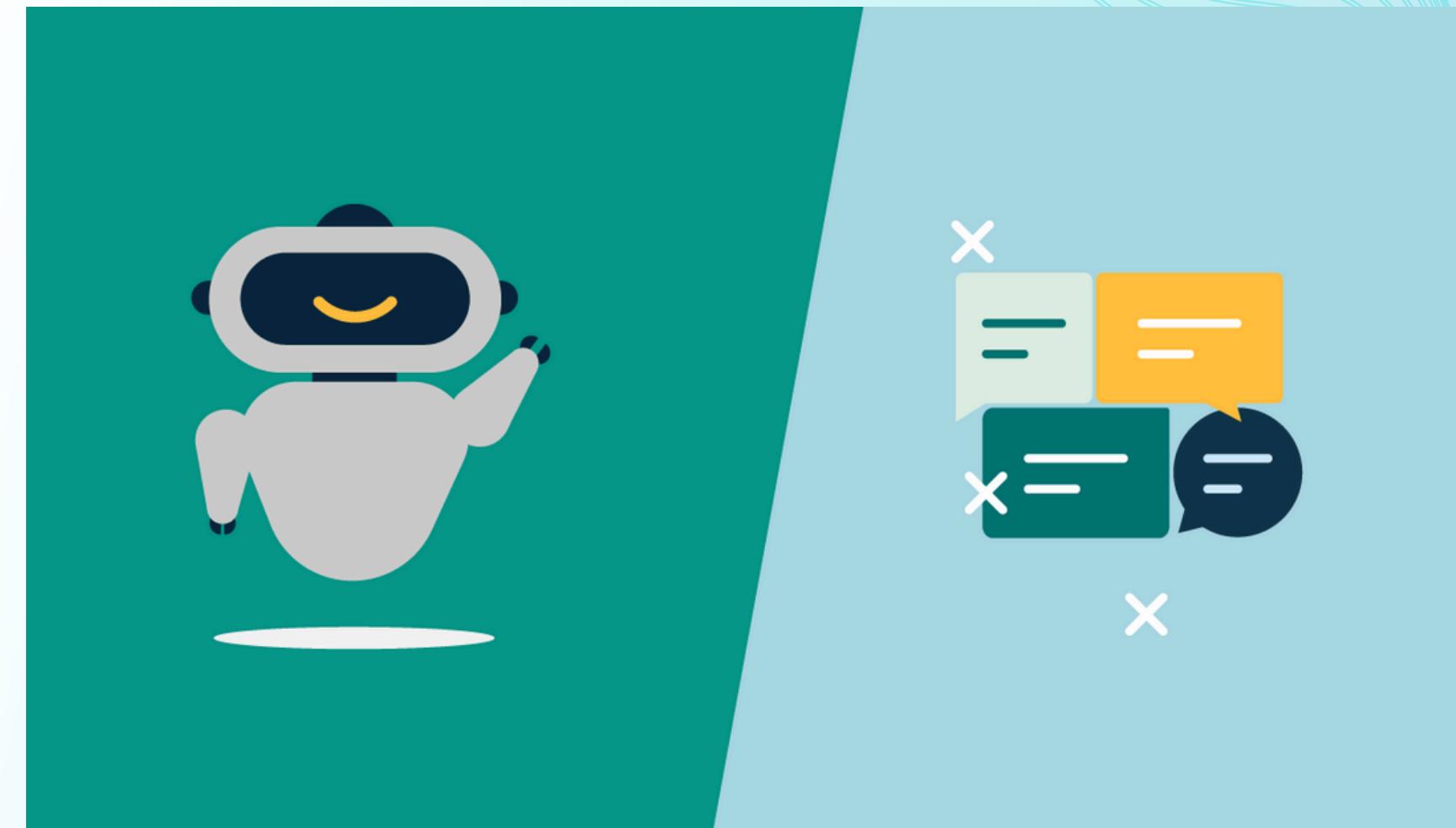
User-contributed or professional blogs sharing experiences and insights related to mental health.

### 7. Psychology Tests:

A standardized IQ test for users to assess their cognitive abilities, a personality assessment tool and other psychological tests for mental health, stress, anxiety, depression, etc. as well as emotional intelligence test, achievement tests, etc.

# LINKS

- Website



# THANK YOU

